May - June 2017

Toronto General Hospital
Peter and Melanie Munk Patient & Family Learning Centre and Library News

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### Mental Health Week Booth

**Date:** Tuesday, May 2nd  
**Time:** 10:00 am to 2:00 pm  
**Location:** Patient Library

Staff from our inpatient psychiatry department will be offering information on mental health illness, a wheel of fortune and prizes. All are welcome!

### “Living Your Best Life”

Celebrating Seniors’ Month in Ontario

Each June, the Government of Ontario celebrates Seniors’ Month. This year, the 33rd Annual Seniors’ Month, the theme is “Living Your Best Life.”

Our Library supports seniors and caregivers of seniors to live their best life by offering health information that is tailored to the specific needs of our senior patients and their families. We also have information about government programming and services, community services and support networks.

Visit our Library to pick up some materials pertaining to seniors’ health, or to have our Librarian and volunteers search and print some information just for you.

### A Guide to Programs and Services for Seniors in Ontario

Government of Ontario Publications  
Available in English and Chinese.

**Holiday Hours:** Our Library will be closed on Monday, May 22nd for Victoria Day.
World Elder Abuse Awareness Day

June 15th is the World Health Organization’s (WHO) World Elder Abuse Awareness Day.

As WHO explains, June 15th “represents the one day in the year when the whole world voices its opposition to the abuse and suffering inflicted to some of our older generations.”

Quick Facts about Elder Abuse

Adapted from the UHN Patient Education brochure, “Elder Abuse”

Elder abuse:
• usually happens in the home
• may also happen in hospitals, at retirement homes, boarding homes or nursing homes

Who abuses older people?
• Family or relatives
• Anyone who has contact or a relationship with an older person

No older person should ever be mistreated or abused.

Types of Elder Abuse

<table>
<thead>
<tr>
<th>Type</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional Abuse</td>
<td>The abuser may threaten, scream at, frighten, insult, or ignore the older person.</td>
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<tr>
<td>Neglect</td>
<td>The abuse may not give food, medicine or health services to the person. The abuser also may leave the older person alone for hours knowing that they may be unsafe or need help.</td>
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<tr>
<td>Physical Abuse</td>
<td>Physical abuse may include hitting, pushing, grabbing or shaking a person. It could involve pulling their hair or throwing objects at them. Physical abuse could also include locking an older person in a room or keeping them in a bed or chair.</td>
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<tr>
<td>Financial Abuse</td>
<td>The abuser may take the older person’s money (cash, pension cheques, savings). They may force the older person to sell their home.</td>
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<tr>
<td>Sexual Abuse</td>
<td>The abuser may force any type of sexual contact on an older person, including sexual touching, kissing, hugging or intercourse.</td>
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</tbody>
</table>
To learn more about Elder Abuse, you can visit the Patient and Family Library to pick up one of the following pamphlets, or have a package created for you. Or, you can contact one of the help lines or visit one of the websites listed below.

**Elder Abuse: The hidden crime**
Community Legal Education Ontario (also available from [www.cleo.on.ca](http://www.cleo.on.ca))

**Elder Abuse: Information for patients and families**
UHN Patient Education (also available from [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca))

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For More Information

**Telephone Lines**

Elder Abuse Ontario Information: 416-916-6728

Toronto Distress Centre: 416-408-4357

Victim Support Line: 416-314-2447

Toronto Police Elder Abuse Support Unit: 416-808-0130

Community Legal Education Ontario: 416-408-4420

**Online Resources**

Elder Abuse Ontario [www.elderabuseontario.com](http://www.elderabuseontario.com)


Toronto Police Service [www.torontopolice.on.ca/community/elderabuse.php](http://www.torontopolice.on.ca/community/elderabuse.php)

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Need Help Now?

If you are in immediate danger, please call 911 or your local police.

**Seniors Safety Line: 1-866-299-1011**
24/7, confidential and free. Provides information, referrals and support in over 150 languages for seniors experiencing abuse.

**Toronto Distress Center: 416-408-HELP (4357)**
24/7 Distress and Crisis Line for the GTA.

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Highlights from World Kidney Day at TGH

Congratulations and many thanks to members of the UHN Nephrology Program who organized the World Kidney Day (WKD) event held in the Patient Library on March 9th. It was a great success!

Many patients, caregivers, students and staff stopped in to learn about kidney health, to “spin the wheel” to win prizes, and to take selfies using the World Kidney Day frame.

Here are a few photos from the day. More from our event, and World Kidney Day events around the world, can be found on Twitter by searching for the hashtag #Move4Kidneys!

A few of the key members of the interdisciplinary team who organized and participated in the event, including patient representative, Mr. Carl Hicks.

Renal Coordinator, Anna, shows her support for WKD by taking a selfie to share on Twitter.

Erin and Elke from TGH Patient and Family Education join in on the selfie fun.
We want to hear from you!

Do you have suggestions on topics or materials that you would like to see available in our Library?

Do you have feedback on how our staff and volunteers meet your needs?

Do you have compliments to share about our services?

Connect with us
Send us an email: tgpen@uhn.ca
Call us: 416-340-4800 ext. 5951
Visit us in person: First Floor, Norman Urquhart Building, Toronto General Hospital

Or fill out our anonymous online survey at: www.surveymonkey.com/r/LKSC9DX

Save the Date:
June Health Talk

Date: Thursday, June 22
Time: 1:00 to 2:30 pm
Location: Astellas Conference Room, 11th Floor, Peter Munk Building, Toronto General Hospital

Topic and speakers to be announced soon.

To sign up for email alerts about upcoming health talks and other events, please contact Erin in the Patient and Family Library at tgpen@uhn.ca.